

SELF-CONTROL

LESSON TEXT

Galatians 5:22-23; 2 Timothy 1:7; Luke 8:22-25

LESSON OBJECTIVES

- The students will identify examples in the Scriptures of Jesus exhibiting self-control.
- The students will explain how a lack of self-control hurts them, God and their friends and family.
- The students will develop a plan to work on one area in their lives in which they need to exercise more self-control.

MATERIALS NEEDED

For each student:

- pen or pencil
- For the teacher:*
- 1 package index cards, 5" x 7"
 - extra Bibles
 - 1 copy of "Good News from the Kingdom"
 - globe or map of the world
 - marker
 - stopwatch
 - small prize--candy or gum (optional)

Reproducible Pages:

- Page A, 1 copy for each student
- Page B, 1 copy for each student
- Page C, 1 copy for each student

LESSON PLAN

Getting Ready

Faithful Instruction
 Teacher Focus
 Teacher Tips
 Preclass Activity: The Self-Control of Jesus
 Starting Up
 Welcome and Singing
 Opening Prayer
 Victories
 Good News from the Kingdom

Getting into God's Word

Story: "It Takes Courage"
 Scripture Study
 Activity: Self-Control, Practically Speaking

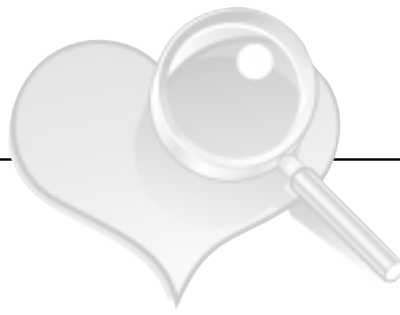
Getting It to Others

Scripture Memory: Galatians 5:22-23
 Weekly Challenge and Snack Time
 Conclusion

SCRIPTURE MEMORY VERSE

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.

Galatians 5:22-23



FAITHFUL INSTRUCTION

TEACHER FOCUS

Pray before preparing this lesson. Read and meditate on Galatians 5:22-23, 2 Timothy 1:7 and Luke 8:22-25. This lesson will help your students understand that self-control comes from God. Life gives all of us many opportunities to exercise self-control. Every day in the news, we see and hear examples of people who hurt themselves and others with their lack of self-control. Jesus was a great example of a man who always stayed in control of his emotions in every situation he faced. This lesson will help your students to understand that they can be self-controlled as they obey God, because self-control comes from God.

TEACHER TIPS

The story for this lesson is about a young girl who had leukemia. She lost all her hair during her medical treatments for cancer. The girl was made fun of and picked on at school. She exercised a great deal of self-control in that she did not strike back or hate her friends at school. To help your students understand how powerful self-control can be in a person's life, think of a specific time in your life when you were a preteen or teenager, and because you were self-controlled you were able to overcome an obstacle or bad situation. It could be a time you were being picked on or being made fun of, or it could be a time when you felt like totally giving up and being very angry about something. Be prepared to share this example from your life with your students.

PRECLASS ACTIVITY

THE SELF-CONTROL OF JESUS

MATERIALS USED

For each student:

- pen or pencil

For the teacher:

- 1 package index cards, 5" x 7"
- extra Bibles

Reproducible Pages:

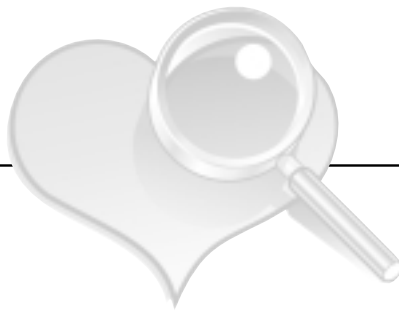
- Page A, 1 copy for each student

PREPARATION

1. During the week prior to class, write each of the following scripture references on an individual index card:
Matthew 26:50-56 Mark 14:32-42 John 19:7-11 Luke 17:11-19
Luke 4:1-13 John 10:22-39 Mark 10:35-44 John 20:24-29
2. Before the students arrive, designate eight separate areas of your classroom as workstations for your students. At each workstation, place one of the index cards, several pens or pencils, an extra Bible and the copies of Reproducible Page A (The Self-Control of Jesus).

INSTRUCTIONS

1. As the students arrive, have them each go to a workstation. Students may work individually, or if you have a large class, let the students work in groups of two or three.
2. Tell the students that they are to use their Bibles to look up the passage noted on their card. After they read the passage, the students should take notes on their copy of Reproducible Page A, writing down how they think the passage shows Jesus' self-control.



3. Once all the students in the group have read the passage and made their notes, the group should (1) talk about how Jesus could have reacted if he did not have great self-control and (2) talk about ways in which Jesus displayed great self-control. The students should record their thoughts on their copy of Reproducible Page A.
4. Tell the students to be ready to share their ideas with the rest of the class.

STARTING UP

WELCOME AND SINGING

Call the students together in a circle. Welcome everyone by name, being sure to recognize anyone who is visiting. Let them know how glad you are to see them, and how much you looked forward to being with them. Sing a few great songs.

OPENING PRAYER

Who would like to say a prayer to start today's time together? Let a few students lead the prayer. Encourage the students to mention missing students, special church activities, illnesses, and to ask God to help them be self-controlled as they interact with people every day.

VICTORIES

Take the time to have the students share about the challenges they were given at the end of last week's class. *Did everyone complete their challenge? How did it go? What fears did you face as you met the challenge to put the lesson into practice? How did everyone do with having consistent quiet times? Who would like to share something they learned this week?*

Praise and encourage all the students' efforts, especially noting any area of significant growth. Offer help and suggestions so they can have even more victories in the coming week.

GOOD NEWS FROM THE KINGDOM

MATERIALS USED

For the teacher:

- 1 copy of "Good News from the Kingdom"
- globe or map of the world

INSTRUCTIONS

Now let's take a few minutes to share "Good News from the Kingdom." Be excited as you read about what is happening around the world. Have a globe or map ready, pointing out the location as you share. Remind your students that the kingdom of God is worldwide, and the victories of our brothers and sisters on other continents should inspire us and spur us on.





GETTING INTO GOD'S WORD

STORY

"IT TAKES COURAGE"

This story will move the hearts of your students as they read about the courage and self-control of a young girl in the face of a life-threatening illness.

MATERIALS USED

Reproducible Pages:

- Page B, 1 copy for each student

INSTRUCTIONS

1. Distribute copies of Reproducible Page B (the story) to the students.
2. Tell the students to listen as you read the story.
3. Ask how self-control and courage worked together in Nikki's life.
4. Let two or three students share one thing they learned about self-control from the story.
5. Ask the students if they think it takes a strong person or a weak person to be self-controlled. Why?
6. Tell the students that in the lesson today, they will learn that self-control comes from God. They will learn that Jesus was self-controlled in every situation.



SCRIPTURE STUDY

Have the students open their Bibles to Galatians 5:22-23. Select one student to read the passage aloud.

Explain that the Bible teaches us that when a person is baptized, all their sins are forgiven and God gives that person a very special and great gift. That gift is his Holy Spirit. God allows his Holy Spirit to live in a baptized disciple's life. The Holy Spirit produces its fruit in a disciple's life. In other words, as a disciple obeys God, the Holy Spirit works in that person's heart. An outcome of the Holy Spirit's work is the fruit of love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.

Now, have the students turn to 2 Timothy 1:7, and select a volunteer to read it aloud. This passage teaches us that God gives us his spirit and it is a spirit of power, love and self-discipline (or self-control). Self-control is a great gift from God. Ask the students the following questions:

- *What is self-control?* (the control of one's self, or of one's own emotions, desires, tongue, actions, etc.)
- *Why do we need self-control?*
- *Is it easy to be self-controlled? Why or why not?*
- *Why do you think God wants us to be self-controlled?*
- *Why do you think God wants to give disciples a spirit of power, love and self-control?*
- *How does a lack of self-control hurt us?*
- *How can our lack of self-control hurt God and the people around us?*
- *What do you think the world would be like if NO ONE had self-control?*

Now, let's read a passage about Jesus and how he showed great self-control in a very stressful and frightening situation. Have the students turn to Luke 8:22-25. Listen carefully as this passage is read. Notice the difference between the way the disciples respond and the way that Jesus responds to the situation. After a student reads the passage aloud, ask the following questions:

- *How would you describe the situation in this passage?*



- *Would you be afraid if you were in a boat that was rocking back and forth in a storm and was in danger of sinking?*
- *What did the disciples think was going to happen? Describe how they probably were acting during this time. Do you think that they were self-controlled?*
- *What was Jesus doing? Was he self-controlled?*
- *What is the difference in the way that Jesus was acting and the way that the disciples were acting?*
- *Why do you think Jesus acted the way he did?*

Tell the students that they can read passages throughout the Gospels, the books of Matthew, Mark, Luke and John, and they will see over and over again how Jesus was always self-controlled. Even when he was dying on the cross, Jesus was self-controlled with his emotions, temper and attitudes toward those who hated him and put him on the cross. His example is the greatest we can ever find for self-control. We all need self-control in our lives every day. We need God's power to be self-controlled, and we need to follow the example of Jesus.



ACTIVITY

SELF-CONTROL, PRACTICALLY SPEAKING

The students will discuss how to show self-control in everyday situations.

MATERIALS USED

For the teacher:

- 1 index card for every 6 students

PREPARATION

Write each of the following scenarios on an index card:

- You have a test in your social studies class. Your friends are all afraid they will fail because the teacher gives hard tests. They are complaining about the teacher and they are very nervous about taking the test.
- Your little sister keeps calling your name while you are trying to watch your favorite TV program. You hope she will stop, so you don't say anything to her. But she doesn't stop. She even starts calling your name louder.
- Your brother spilled popcorn in the floor and then left the room without cleaning it up. Your mom comes in and sees the popcorn. She immediately thinks you spilled it on the floor and begins to correct you for not cleaning it up.
- You are walking out of the gym, and a boy pushes you into the wall.
- (Write out more scenarios if needed.)

INSTRUCTIONS

1. Divide the students into groups of six.
2. Give each group an index card with one of the scenarios written on it.
3. Ask each group to discuss this question: **HOW COULD YOU SHOW SELF-CONTROL IN THIS SITUATION?**
4. Then ask them to prepare two simple skits: one showing the wrong way to respond to their situation and one showing the right way.
5. Have the groups perform their skits for the group.

SCRIPTURE MEMORY

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.
Galatians 5:22-23

MATERIALS USED

For the teacher:

- 11 index cards
- marker
- stopwatch
- small prize--candy or gum (optional)

Reproducible Pages:

- Page C, 1 copy for each student

PREPARATION

Using eleven index cards, write out the memory verse in large letters in the following format:

But the fruit of the Spirit is
love
joy
peace
patience
kindness
goodness
faithfulness
gentleness
and self-control.
Against such things there is no law.

INSTRUCTIONS

1. This game can be played with the entire class by having each student take one turn at a time, or the game can be played in teams of three or four preteens. If the game is played in teams, make sure each team has a complete set of the index cards with which to work. The teams can compete against each other to see which team can put the scripture together in the correct order the fastest.
2. Place each of the eleven cards in random order face down on the floor or on a table. Have the students close their Bibles.
3. Read Galatians 5:22-23 aloud. Ask for a volunteer among the students to begin the game if the entire class is playing together. If the students are playing in teams, each team is to work together in unity. Act as timekeeper, or have one of your assistants help you.

4. At the word "Go!" have the student or the team turn all the cards face up, arranging them in the correct order of the verse. When the student or the team thinks that the cards are in the correct order, they are to say, "Stop!" Record the time for the student or team.
5. Rearrange the cards randomly and continue to play until every student has had a chance to play. If the students are playing in teams, play a few rounds.
6. The student or team that arranges the cards in the correct order in the shortest amount of time is the winner.
7. You may want to give the winner(s) a small prize, or a piece of candy or gum.
8. At the end of the game, give each student a copy of Reproducible Page C (Memory Verse) to take home for practice during the week.

WEEKLY CHALLENGE AND SNACK TIME

MATERIALS USED

For each student:

- pen or pencil

If your students bring a snack, allow them to eat while you explain to them the challenge for the week.

Remind the students that Jesus was always self-controlled in every situation. None of us will always be self-controlled all the time in every situation, but we can develop and grow in self-control as we follow the example of Jesus. Every one of us has an area in our lives that we know we could become more self-controlled in.

The challenge for this week is for each student to pick one area in their life that they want to be more self-controlled in. Ask them to write the area down on the back of their Memory Verse sheet and then to write one specific way they can be more like Jesus in this area this week. Encourage them to share the area and their plan to be more self-controlled with one or both of their parents.

CONCLUSION

End the class with a prayer.

SELF-CONTROL

LESSON TEXT

Matthew 26:36-54

LESSON OBJECTIVES

- The students will identify examples in the Scriptures of Jesus exhibiting self-control.
- The students will explain how a lack of self-control hurts them, God and their friends and family.
- The students will develop a plan to work on one area in their lives in which they need to exercise more self-control.

MATERIALS NEEDED

For each student:

- pen or pencil
- For the teacher:*
- extra Bibles

Reproducible Pages:

- Page D, 1 copy for each student
- Page E, 1 copy for each student

LESSON PLAN

Getting Ready

Faithful Instruction
 Teacher Focus
 Teacher Tips
 Preclass Activity: Word Search
 Starting Up
 Welcome and Singing
 Opening Prayer and Review
 Great News Sharing

Getting into God's Word

Scripture Study
 Activity: Learning Self-Control

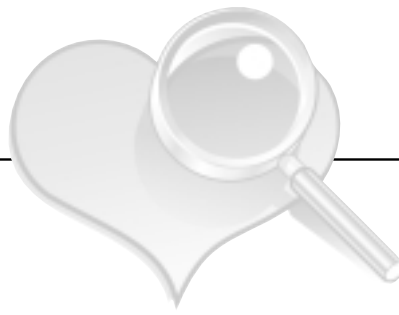
Getting It to Others

Scripture Memory: Galatians 5:22-23
 Weekly Challenge and Snack Time
 Conclusion

SCRIPTURE MEMORY VERSE

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.

Galatians 5:22-23



FAITHFUL INSTRUCTION

TEACHER FOCUS

Pray before preparing this lesson. Read Matthew 26:36-54 for a quiet time. Take some time to meditate on Jesus and what he went through right before he went to the cross. As you meditate on Jesus, focus on the grave spiritual concerns that were at stake and the human stress that Jesus went through before he went to the cross. Jesus was certainly tempted to respond emotionally, but instead he responded with amazing self-control. This lesson will help your students understand the incredible example of self-control that we have in Jesus.

TEACHER TIPS

During the Activity section of this lesson, the students will think of situations in their own lives in which they have reacted with a lack of self-control. After they think of specific situations, they will work in groups to help each other come up with ideas about how they could have responded with self-control, being more like Jesus. Be prepared to share a specific example from your life when you reacted with a lack of self-control. It would probably be helpful to your students if your example is from the time when you were a preteen or teenager. Share with the students how you could have responded differently with self-control. Share why you are thankful, now that you are a disciple, that God helps you to be self-controlled.

PRECLASS ACTIVITY

WORD SEARCH

As the students work on this word search, they will be reminded that self-control is one of the different types of fruit of God's Holy Spirit.

MATERIALS USED

For each student:

- pen or pencil

For the teacher:

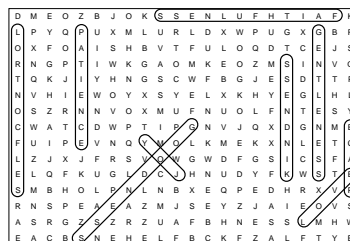
- extra Bibles

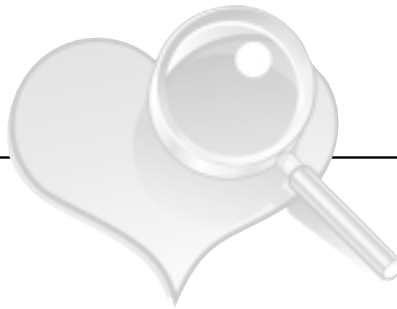
Reproducible Pages:

- Page D, 1 copy for each student

INSTRUCTIONS

1. As the students arrive, give each a pen or pencil and a copy of Reproducible Page D (Word Search).
2. Ask them to turn to Galatians 5:22-23 in their Bibles. Using these two verses, the students should find the words in the verses that name the different types of fruit of the Spirit. These nine words are hidden in the word search worksheet. When they find the words, they should circle them in the puzzle. The words used are: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.
3. When all the students have completed the worksheet, give them the correct answers. Be sure to encourage and praise those who found all the words. Encourage great effort, even if a student did not find all the words.





STARTING UP

WELCOME AND SINGING

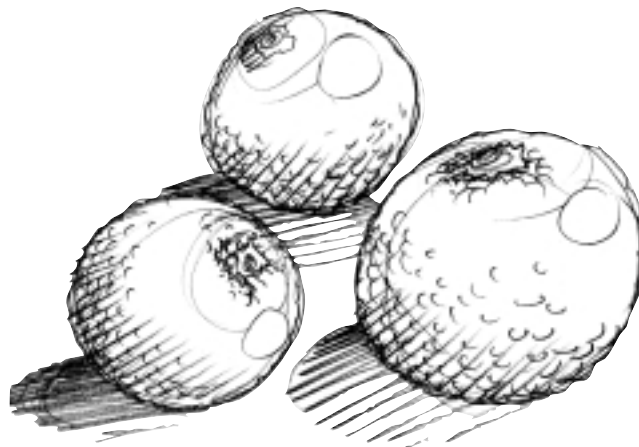
Call the students together in a circle. Welcome everyone by name, being sure to recognize anyone who is visiting. Let them know how glad you are to see them, and how much you looked forward to being with them. Sing a few great songs.

OPENING PRAYER AND REVIEW

- Open with one student praying for each student to grow in his or her understanding of self-control. Pray that each will be an example as they try to practice self-control in their everyday lives.
- Have one student recite the memory verse for this lesson: Galatians 5:22-23.
- Have a student review the previous lesson (Core Lesson).

GREAT NEWS SHARING

Allow several minutes for the students to share great news about their lives. This could be about a family member who became a disciple, someone healed from an illness, someone studying the Bible, great grades, etc. Remind the students to be brief so as many as possible can share.





SCRIPTURE STUDY

Remind the students that in the previous lesson they learned about self-control. They looked at examples in the New Testament about Jesus and his self-control in various situations. *Today, we are going to look at one of the hardest times in Jesus' life when he lived on earth. This is the time right before Jesus went to the cross to die for our sins.* Have the students turn in their Bibles to Matthew 26. Tell the students that you want six volunteers to read the scriptures for the lesson. Divide the verses in the following way, and choose the volunteers to read.

- Matthew 26:36-38
- Matthew 26:39-41
- Matthew 26:42-44
- Matthew 26:45-46
- Matthew 26:47-51
- Matthew 26:52-54

Introduce the discussion about these scriptures by reviewing what happened at the last supper Jesus had with his disciples. Emphasize the human stress that Jesus went through at this time in his life. This is important so that the students relate to how Jesus was tempted to react emotionally instead of responding with self-control. Ask the following questions:

- *Where did Jesus go after supper? (Gethsemane)*
- *What did Jesus ask his disciples to do? (sit and pray)*
- *Why did he take three of his disciples with him to another part of the garden to pray? (He wanted to be with some very special friends during this extremely difficult time.)*
- *What do you think it means to be overwhelmed with sorrow to the point of death? (to be so sad that you feel like you are going to die from the sorrow and pain, and to feel such sorrow that you feel like your heart will break)*
- *How did Jesus react in this situation emotionally? (He did not get angry, frustrated or lose his temper. He did not give up, complain or feel sorry for himself. He did not get angry with his disciples and say mean things to them. He did not get depressed and bitter. He did not run away and refuse to go to the cross.)*
- *Do you think that Jesus was self-controlled? Why or why not?*

Ask the students to think of ways that Jesus could have responded that were not self-controlled. If he had responded in these ways, how would this story be different?

Allow a number of students to list specific ways that Jesus showed self-control in this situation. Here is a list of some of the ways:

1. He confronted the disciples who were sleeping instead of getting angry and arguing with them. This did not stop him from praying.
2. He did not lose his temper or his focus on God.
3. He did not let his disciples attack those who were coming to arrest him.
4. He showed compassion to the man whose ear had been cut off.
5. He did not react in a harsh or hateful way toward Judas.
6. He trusted God and knew that all of these things that happened to him were part of God's plan.





ACTIVITY

LEARNING SELF-CONTROL

In this activity, your students will have the opportunity to help each other work on having an attitude of self-control in different situations.

MATERIALS USED

For each student:

- pen or pencil
- Reproducible Pages:*

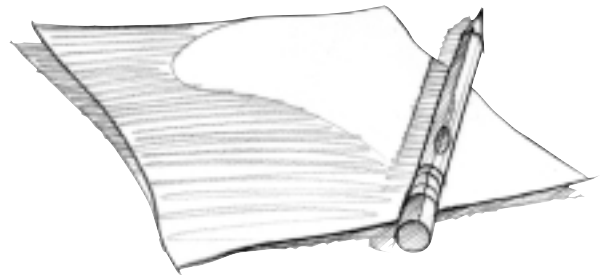
- Page E, 1 copy for each student

PREPARATION

1. Talk to the students about how very important self-control is for all of us. Every day, we have opportunities to either be self-controlled and to follow the example of Jesus or to react with a lack of self-control. When we react with a lack of self-control, we can hurt God, ourselves, our friends and our families.
2. Share a time in your life when you were younger, the age of a preteen or teenager, when you reacted with a lack of self-control. Share how this situation hurt you and other people.
3. Explain to the students that you want them to think of specific situations in their lives recently in which they reacted with a lack of self-control. Tell them that you are going to give them a worksheet on which they will write about two situations in each of their lives when they reacted with a lack of self-control. Let them know that when they finish the worksheet, they will have an opportunity to help each other plan for how to act in a way that is self-controlled the next time the situation occurs. NOTE: Remind your students that they should not use any names when sharing situations.

INSTRUCTIONS

1. Give each student a copy of the worksheet, Reproducible Page E (Learning Self-Control) and a pen or pencil.
2. Tell them that they will need to think of two specific situations that have taken place recently in which they reacted with a lack of self-control.
3. On the worksheet, have them first write what happened, and then write how they reacted with a lack of self-control. Then have them write how their reaction hurt them, God, and their friends or family.
4. After each student has completed this part of the worksheet, they should be put into groups of two or three to read their answers aloud to the group. Again, remind the students not to use names as they relate their stories.
5. The groups need to help each other answer the last question on the sheet, "How could I respond like Jesus with self-control the next time that I am in this situation?"





SCRIPTURE MEMORY

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. Galatians 5:22-23

INSTRUCTIONS

1. Have the students remain sitting in the small groups in which they worked during the activity. Tell them to take turns reciting the scripture memory verse.
2. After each group has had a few minutes to practice the verse, take volunteers to stand in front of the class to recite the verse aloud, without looking at them.

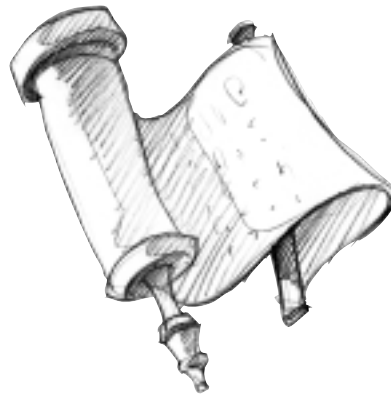
WEEKLY CHALLENGE AND SNACK TIME

If your students bring a snack, allow them to eat while you remind them of the challenge for the week.

The students were to identify an area in their lives in which they needed more self-control. They were to make a plan for growing in this area, with the help of their parents.

CONCLUSION

End the class with a prayer.



WEEKLY CHALLENGE

Write down one area of your life in which you would like to be more self-controlled. Then, write down one or two ways in which you can be more like Jesus in this area. Share this plan with your parents, and ask them to help you carry it out during the week.

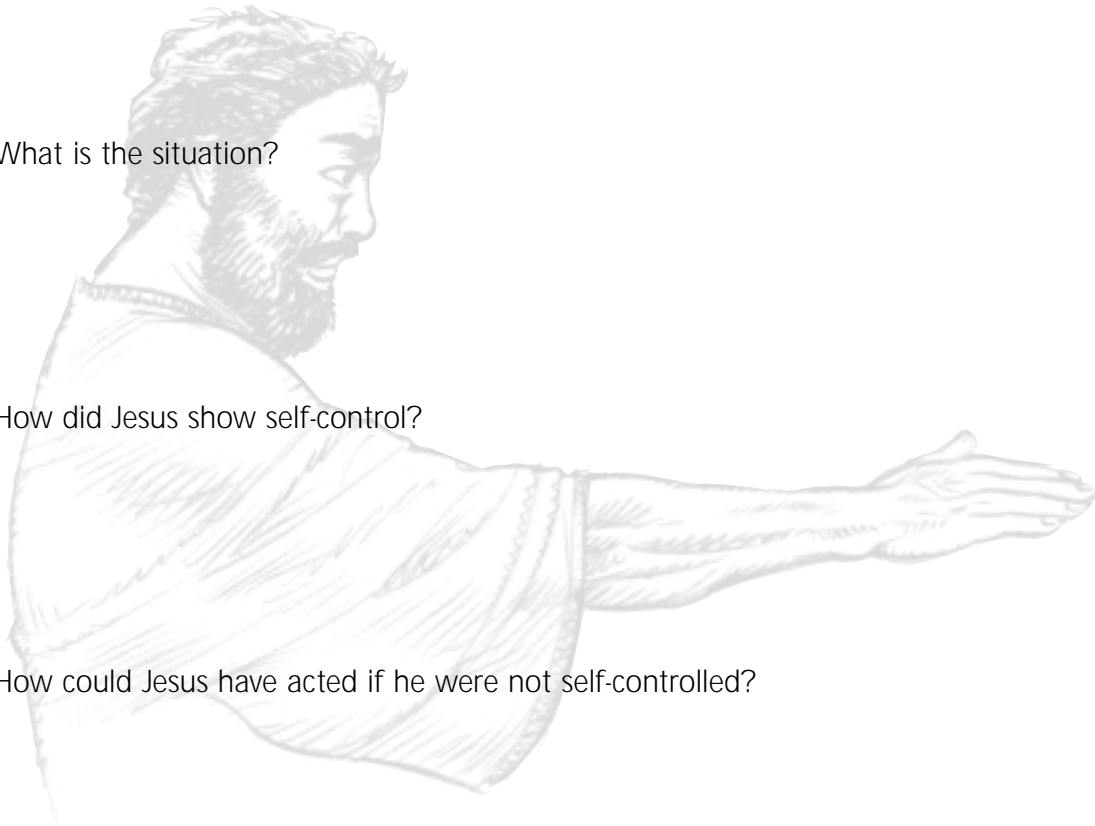
THE SELF-CONTROL OF JESUS

Scripture Reference:

What is the situation?

How did Jesus show self-control?

How could Jesus have acted if he were not self-controlled?



IT TAKES COURAGE

This is the story about a very special girl. Her name is Nikki. She lived down the road from me many years ago. When Nikki was in the seventh grade, her family found out that she had leukemia. Nikki went through hundreds of visits to the hospital. She had to have chemotherapy. This was used to save her life, but with it came the loss of all her hair. The hair did not grow back. For Nikki, losing her hair in the seventh grade was a devastating thing.

Nikki was a very popular girl in school. She was a cheerleader and always had lots of kids around her. Things changed in the eighth grade. The summer before the eighth grade, Nikki had to buy a wig because she had no hair. All the kids thought she looked strange. The wig was pulled off from behind constantly in the first two weeks of eighth grade. Nikki would stop, bend down, shake from fear and embarrassment, put her wig back on, wipe away the tears and walk to class, always wondering why no one stood up for her. During all the times when the kids were so very mean to Nikki, she always had self-control. She never was mean or hateful back to them.

This went on for two agonizing, horrible weeks. She told her parents that she couldn't take it anymore. Nikki told me that losing her hair was nothing. She said that if she lost her life that would not be so bad. To Nikki, the worst part of everything that she was going through was losing her friends. I remember the day Nikki said to me, "Do you know what it is like to lose your friends? Do you know how it feels to walk down the hall and have kids move to the other side because they don't want to be near the girl wearing the wig with the weird disease?"

Nikki had made a decision to stay home from school for good, but something happened over the weekend that made her change her mind. She heard about two boys in other states, one in the sixth grade and one in seventh, and their stories gave her the courage to go on. The two boys had great courage to stand up for the things they believed in even when the kids in their schools picked on them. In both situations, the courage that the boys showed caused the other kids to change. The kids who once picked on the boys became their friends.

With Nikki's newfound courage and inspiration, she put her wig on that next Monday morning. She told her parents that she was going to go to school because she had something she had to do and something that she had to find out. Her parents had no idea what she was talking about, but they drove her to school. When the car pulled up in front of the school, Nikki hugged and kissed her mom and dad and said, "Today, I'm going to find out who my best friend is. Today I'm going to find out who my real friends are." After she said that, she grabbed the wig off her head and set it on the seat in the car. She said, "They can take me for who I am or they don't take me at all. I don't have much time left. Please pray for me." She got out of the car and walked toward six hundred kids.

A miracle happened that day. She walked through that playground, into the school, and not one loud-mouth or bully, no one, made fun of the girl with all the courage.

Nikki has taught thousands of people that you can be yourself and stand up for what is right without being mean or hating those who hurt you. Nikki had great self-control and courage.

Nikki went on to graduate from high school. She got married and a few years later had a beautiful little girl. Every time something seems impossible to me, I think of Nikki and I gain strength.

Adapted from "It takes Courage" by Bill Sanders. *A Second Helping of Chicken Soup for the Soul*. Eds. Jack Canfield and Mark Victor Hansen. Deerfield Beach, Florida: Health Communications, 1995. pgs.24-27.

SCRIPTURE MEMORY VERSE

But the fruit of the Spirit is love, joy,
peace, patience, kindness, goodness,
faithfulness, gentleness and self-control.
Against such things there is no law.

GALATIANS 5:22-23

WEEKLY CHALLENGE

Write down one area of your life in which you would like to be more self-controlled. Then, write down one or two ways in which you can be more like Jesus in this area. Share this plan with your parents, and ask them to help you carry it out during the week.

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THE FRUIT OF THE SPIRIT

Turn in your Bible to Galatians 5:22-23. Use your Bible to find all the different types of fruit of the Spirit in the word search below. Nine words can be found in the puzzle.

The words may be found across, down or at an angle (frontwards or backwards).

When you find a word, circle it.



LEARNING SELF-CONTROL

In this activity we are going to learn about self-control. Think of two situations that happened to you recently in which you lacked self-control. Maybe you lost your temper at someone or something. Maybe you got very angry or upset with your friend or your brother or sister. Think of two real examples from your life and fill out this worksheet. After you have finished answering the first three questions for each situation, you will be able to get help from other preteens in this class, and you will be able to help some other preteens. To prevent gossip or hurt feelings, be sure you do not use any names when you share your situations.

SITUATION 1:

1. What happened?
2. How did I react with a lack of self-control?
3. How did my lack of self-control hurt God, myself, or my friends or family?
4. How could I respond like Jesus with self-control the next time that I am in this situation?

SITUATION 2

1. What happened?
2. How did I react with a lack of self-control?
3. How did my lack of self-control hurt God, myself, or my friends or family?
4. How could I respond like Jesus with self-control the next time that I am in this situation?